

MARCH 1981 - NUMBER 15

Editor: Estelle Drolet

Publisher: Paulette Frenken

### GENERAL MEETING

At our last general meeting held 12 November 1980, we enjoyed an interesting talk by Leonard Faye, Doctor of Chiropractic. He was accompanied by Dr. Victor Vieira. Dr. Faye spoke about the overall effects of a misaligned spine and pinched nerves on the endocrine and nervous systems. An interesting chart was handed out to members present called "The Stress Cycle -- Assaults of Daily Living". "Stress in any of its forms can disrupt the proper functioning of the body's intricately balanced systems. The forms of stress are inter-related and cumulative. Stress frequency, intensity and duration determine the degree of hindered body function, resultant disorders, and loss of resistance to disease. Thus, the effects of stress play the most important role in the disease process. The chiropractic physician strives to treat specific stresses. By correcting vertebral misalignments and balancing the body in other ways, the chiropractor relieves major stresses on both the nervous system and the entire body. The extent to which all stresses can be minimized determines the body's ability to restore and maintain its optimum health."

Dr. Faye pointed out that knowledgeable chiropractors are aware of the relationship between allergies and spinal problems. They can normally determine in a dozen sessions or so, if the culprit is allergy. Allergies are capable of causing severe cramps and muscle spasms which can force the spine or nerves out of place over a period of time. You must, therefore, treat the allergy in order to prevent the re-occurrence of the spinal problems.

Attendance at our General Meetings falls short of being satisfactory. The Executive feels that possibly H.E.F. meetings are not answering the needs or interests of our members. Please let us know your opinions and suggestions by completing and returning the enclosed sheet as soon as possible. We can only help you if you care enough to help us. PARTICIPATION!

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We would like to thank Kathleen Patchell who has served the H.E.F. as Membership Chairperson for the past year. Kathleen will no longer be able to serve in this capacity due to a move and the forthcoming arrival of a fifth child. All the best to you and your family, Kathleen.

### NEWSLETTERS

#### H.E.F. National

If you were a paid-up member as of Sept./Oct. 1980, you received your copies of H.E.F. National Quarterly magazines, Spring-Summer 1980. It was decided to peg the membership against a "newsletter year" instead of a calendar year so that every member will be assured of receiving four magazine issues for his/her membership fee, even if the magazine

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is not published at precisely the same time every year. If you did not receive your newsletters please advise our new Membership person, Nancy Penton, at 820-1087. She will verify your membership date and contact Toronto H.E.F. if necessary.

#### H.E.F. Local

Please phone any member of the Executive when you have information which could benefit others by being made available through the newsletter. Don't assume that we know. We need your help. Please make sure the information is complete: name, address, telephone and price if available.

#### SUN CENTRE MEETING

The Society for the Understanding of Nutrition is inviting H.E.F. members and others to the Carlingwood Public Library on April 8th at 7 p.m. Lori Nichol will speak on "Cooking Without Food Additives".

#### LIBRARY

Sunnyhill, The Health Story of the 80s, by Bruce and Barbara Small, is now available in our library.

I said it before, but I reiterate, please avail yourselves of the books in our library and the back copies of newsletters, either ours or from other organizations. The information is there, the responsibility to educate and help yourselves is yours. If you live too far away to visit the library, Kathy Nihei will forward books or other material by mail, as long as you cover the postage and handling costs and take the responsibility of returning the books on time.

#### CARCINOGEN INFORMATION PROGRAM

The aim of CIP is to provide the public with reliable, understandable information about the carcinogen problem. In Feb. 1981, the Center for the Biology of Natural Systems moved to New York. Instead of moving with them, some of the staff have decided to remain in St. Louis, Missouri and establish CIP as an independent program. If you wish to receive CIP reports, please send several long, self-addressed envelopes to: CIP, Webster College, 470 E. Lockwood Ave., St. Louis, Mo. 63119. The following is a list of topics covered: No. 1, Hamburgers and Cancer; No. 2, Broiling and Benzo(a) pyrene; No. 3, The Ames Salmonella Mutagenesis Test; No. 4, Aflatoxin and Food; No. 5, Hair Dyes and Cancer; No. 6, Animal Tests; No. 7, Nitrites and Nitrosamines; No. 8, DES and Cancer; No. 9, Dioxins; No. 10, Insecticide Residues in Food; No. 11, Formaldehyde; No. 12, Microwaves and Radiowaves; No. 13, Asbestos; No. 16, Food Additives Generally Recognized as Safe (GRAS).

While CIP was lucky to get grant money in the past for the program, such money is hard to come by. Government agencies and industries (which are key grant donors) often do not wish to support a program which may publish scientific data that runs counter to their policies. Yet, the need for independent and reliable information is great. The staff is willing to volunteer their time to see that this program is continued. Instead of asking for a subscription fee, they are asking their readers to send a small donation.

## CANCER RESEARCH

Everyone is aware that \$22 million dollars were collected for cancer research in Canada through the Terry Fox Fund. On the TV show Marketplace, 8 January 1981, the public was asked to write and give suggestions as to the area of research where this money could best be spent. For instance, should research be carried out on unorthodox medicines such as Essiac and medicines administered in Mexico clinics?

I'm sure you'll have your own ideas and suggestions. Here are a few of mine, which you might or might not be in agreement with:

- 1) More research in the field of preventive medicine. Environmental causes such as air pollution, pesticides, unnecessary chemicals in our foods, safer working conditions. The root of the problem needs more attention.
- 2) The effects of diets, such as fats, fiber, vegetarian versus meat diets. The following excerpt from the February 1980 issue of Prevention magazine prompts investigation: "our immune system, which protects us against infection and cancer, is largely based on protein substances. Apparently some of the immune factors, which are protein, are less active when a high-protein diet is fed; some are more active." This leads us to believe that diet is involved.
- 3) The immunological system. Dr. I. D. Bross, who conducted a U.S. study on the effects of radiations from x-rays, stated that "cancer is partially a problem of immunology". Also, that "one symptom of a faulty immune system is allergies, where the body over-reacts to a 'not-self' such as pollen. Since people with allergies seem to have faulty immune systems they are evidently more susceptible to cancer." (from Critical List, Vol. 2, No. 1). Other authorities have opposite views and believe that the very allergic condition protects a person from developing cancer. A faulty immunological system is often the origin of many diseases, therefore any money spent in that field might not only help the cancer cause but many others.

Whatever your views, take time to write to: The Cancer Institute, 77 Bloor St. W., Suite 405, Toronto, Ont. M5S 2V7, with a copy to Marketplace, Box 500, Station A, Toronto, Ont. M5W 1E6.

## FOODS

Available at the Chinese Food Supply, 9 Byward Market:

Water Chestnut Starch  
Rice Stick -- would replace spaghetti  
Bean Thread Vermicelli -- made of green bean and water.

Available from Walnut Acres, Penns Creek, PA 17862 and Rainbow Health Food Store, Ottawa:

L.M. (Low Methoxyl) Pectin with di-calcium phosphate. This is a setting pectin requiring no sugar or low amounts of sugar to set jams and jellies. This pectin is taken from citrus fruit rinds and also requires the presence of calcium, furnished by a calcium salt (phosphate rock). Keep ingredients tightly closed and it will keep indefinitely. Directions on how to use included.

FOODS (continued)

Available from Walnut Acres:

Briggsway Salmon in 8 oz. jars from unpolluted Alaskan waters.  
\$2.60 per jar plus transportation and exchange rate.

Available from Pinto Stores and some IGAs:

Natural ice cream made from: milk, eggs, sugar, (vanilla, cacao or peaches) under the brand name of "Beatrice". Costs approximately \$4.00 per 2 litres.

Available from Nicastro Stores, 1580 Merivale Rd., 564 Gladstone, 2677 Alta Vista Drive:

Tripe casings (beef, pork or lamb) for making home sausages.

Available from Silver Spring Farm on Richmond Rd.:

Spring water for 25¢ a gallon. Water dispensed mechanically, so bring quarters plus your sterilized jars.

Check your local health food store for items such as the following (available at Rainbow): date sugar, organic brown rice flakes, chick pea flour, wheat-free pancake mix, gluten-free shells.

SUBSTITUTIONS

Add to Newsletter No. 13 on page 8 under Flour Substitutions:

1 cup wheat flour =  $1\frac{1}{2}$  cups barley flour  
1 cup wheat flour = 1 cup tapioca flour

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Potato flour is made from cooked potatoes and potato starch is made from raw potatoes. Tapioca flour is the starch made from the fleshy root of the manioc or cassava plant. (From The Citizen, Oct. 27, 1980, by Claire Barriger).

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Please add to your Food Sources List (May 1980), Mrs. J. Athey, R.R. No. 1, Vars, Ont., KOA 3H0 (443-5748). Small scale organic vegetable grower.

Delete Roger Christie from your Food Sources List. Mr. Christie's apples and apple cider are not organically grown.

- - -

Ever wondered what those tasty carob-coated confections sold in health food stores contain? Coating contains: glucose, hydrogenated vegetable oil, brown sugar, carob powder, whey powder, wheat germ and lecithin (courtesy Rainbow H. F. Store). These ingredients may vary from store to store, or from time to time, as I have found out recently through a bad allergy reaction. WE NEED LABELLING IN HEALTH FOOD STORES TOO!

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For people who suffer from Wheat, rye, oats and barley intolerance, a new product called Millet Bread is produced by Nature's Garden in Florida. Mrs. Beth Duviner, B.Sc., R.P. Dt., Beth Duviner's Nutrition Clinic, 45 Kirkland Blvd., Toronto M6A 1E7 is hoping to make this product available in Southern Ontario. If you would like this product or other gluten-free bread substitutes, please contact her. (From Allergy Information Association newsletter, Spring 1980).

## PRODUCTS

### Futons

The futon is a traditional Japanese-style mattress made with layers of cotton felting encased in unbleached cotton and hand tufted. It is approximately 6" thick, supports the spine comfortably and firmly.

Available from:

- 1) Simply Cotton, 217 Niagara St., Toronto M6J 2L2. Prices were not obtained.
- 2) May be ordered through Rainbow Health Food Store, Ottawa. Their prices range from \$180. for a king size to approximately \$21. for a square pillow.
- 3) Spiral Creations (Miss Stella Bélair), R.R. No. 3, Almonte, Ont., phone 1-613-256-2665. Prices: King size \$130.; queen size \$95.; double \$80.; single \$60. Yoga mat \$35. Bed pillow \$12. Kits to make your own mattress are available at a lower price ranging from \$90. to \$45. All of the above are available in unbleached neutral colour cotton. Miss Bélair will deliver to Ottawa and nearby areas. Also available are Canadian-made 100% cotton bedsheets. Single size \$14.; double \$16.; queen \$20. Also, 100% cotton comforters with unbleached cotton covers. The comforters are stuffed with natural unbleached balled cotton (the type used to stuff expensive furniture). Must be dry cleaned, otherwise the stuffing will clump. You can make a cotton cover in the colour of your choice, with snaps or zipper for easy removal and washing. The unbleached cotton covers are available either treated with fire retardants or untreated. Chemically sensitive people should avoid the treated type. It is recommended that each person test the unbleached cotton stuffing material for tolerance. According to Natalie Golos' book, Management of Complex Allergies (p. 160), "be sure to use plain white cotton available for quilts -- the 'natural' cotton for upholstery is treated". Since the cotton stuffing is imported from the U.S. it has probably been treated. It is a matter of individual tolerance.

### Duvets (down comforters)

100% cotton cover and inside 100% cotton envelope filled with pure down. Available at major stores such as The Bay. Can also be custom-made by shops listed in the Yellow Pages under "Bedding". Make sure you are not allergic to feathers before buying.

Women's blouses, Japanese kimonos, tops in 100% cotton, silk or linen available at Eastern Elegance, Lincoln Fields Shopping Centre, 820-8288.

## PRODUCTS (continued)

### Leather Coats

A limited number of coats, jackets, gloves not treated with strong-smelling chemicals and formaldehyde are available through the Sheepskin House, 48 Northside Rd., Bells Corners (820-3307) or 115 Bank St., Ottawa (233-7087).

Air Purifier for sale in good condition. Call Cheryl Parrott at 728-7582.

### Air Filters and Purifiers

Activated charcoal air purifiers for rooms or cars are available from: Mr. Read Minister, Air Conditioning Engineers, Decatur, Illinois, U.S.A. (phone 217-422-0311 or 555-1212). Prices range from \$190. to a possible \$1750. according to size and capacity. Information on these units will be placed in our library. Activated charcoal will absorb up to 50% of its weight of odors and retain them in the vast network of extremely small pores within the body of the carbon.

In order to understand the benefits derived from activated charcoal, one must be aware of the capacity of the carbon in relation to what it must filter. For instance, it has a high capacity for asphalt fumes and cleaning compounds, but a low capacity for carbon monoxide or ethylene. Activated charcoal is effective in removing odors of approximately 85% of all chemicals and chemical compounds. The book Common Sense for the Sensitive\* (available through our library) covers this topic, listing 300 contaminant vapours and activated charcoal's capacity to remove them. Straight activated charcoal does not have much capacity for some reactive gases, such as ammonia, formaldehyde, etc. The unit available from the above address is also equipped with a "Purafill" filter, which is potassium permanganate on aluminum oxide and is efficient on reactive gases. These units do not generate ozone or nitrogen oxides and are efficient at removing noxious fumes and odors. They remove pollens, dusts and moulds at 90% of 1.0 to 5.0 micron contaminants, depending on unit. Some members of our Foundation have purchased units for their cars or bedrooms and have found them beneficial.

\*Common Sense for the Sensitive is presently being up-dated and a new edition will be available at a later date. Copies of the old edition are being reprinted because of the great demand.

### Circul-Aire

Similar air purifiers are being manufactured by Circul-aire (Eastern Division, 5885 Blvd. Henri-Bourassa W., Montreal, P.Q. H4R 1B7; phone 514-336-3330). Filters for furnaces which contain "Purafill" are also manufactured. Printed information will be obtained and placed in our library.

### HEPA Filters by Cleanaire

The High Efficiency Particulate Air Filter will filter out 99.99% and

## PRODUCTS (continued)

more of all particles down to 0.3 micron, or 1/75,000 of an inch. This includes most bacteria, viruses, pollen, fungus, spores, dust, hair, dander and smoke. The HEPA was originally designed for the Atomic Energy Commission to provide a source of sterile dust-free air. It is enclosed in a leak-proof plenum so that the air distributed by the Cleanaire unit is filtered air, not merely a recirculation of dirty air. It uses a charcoal-charged prefilter which enables the prefilter to remove many gaseous products which cannot be removed by a HEPA filter. Does not produce ozone. Available from Ontario Medical Supply Ltd., 118 Clarence, Ottawa K1N 5P6, phone 237-2970. Also from Starkman Surgical, 1243 Bathurst St., Toronto, M5R 3H3 and Regent St-Pierre Inc. & C. Martin Jr. Equipment Medical, 4338 rue St-Denis, Montreal 131, P.Q. The above information was obtained from their literature, and has not yet been investigated by your Executive.

Note: Ozone is a component of air pollution. Many chemically sensitive people cannot tolerate furnaces equipped with electrostatic type filters as these produce ozone and nitrogen oxides.

## Respiratory Protection Masks

Greg?

Manufactured by Occupational Health and Safety Products, 3M Canada Inc., Box 5757, London, Ont. N6A 4T1. Can be purchased through J. G. Safety Products Ltd., 1185 St. Laurent Blvd., Ottawa K1K 3B7. A wide assortment of masks are available, providing protection for different purposes, such as dusts, mists, vapours and gases. Two masks were brought to our attention by H.E.F. members who use them. The masks resemble medical face masks but in addition have layers of pressed charcoal which filter fumes. Helpful against car exhaust pollution when travelling. They are inexpensive at \$1.25 for one type, while the other sells for \$23.41 for 10 masks. They are good until odor is perceived within the mask. The 3M brochure lists a spray paint respirator which provides protection against vapour and paint particulates from: enamels, lacquers, epoxies, acrylic enamels, polyurethanes.

## Detergent

Some of our members have been using the detergent NP 204 from Diamond Shamrock Company upon the recommendation of Dr. MacLennan. This product is acceptable to most people with chemical sensitivities.

The company has informed us that they will no longer be able to provide this detergent in 5 gallon quantities. They will be pleased to provide it to us in 45 gallon drum lots. The price for the larger quantities will be much more favourable than with the small amounts. When purchased in 45 gallon drums it will cost 68¢ per lb. (plus transportation cost not yet determined).

This means that each H.E.F. branch will have to obtain the 45 gallon drums and to dispense it in smaller quantities for individual use. It is requested that anyone interested in obtaining this detergent on a regular basis contact Estelle Drolet (825-4439) so it can be determined whether the demand is great enough to warrant this purchase.



## PRODUCTS (continued)

### Cellophane Bags

These are no longer available in the 2 lb. size through our Hull supplier. We hope to find another source shortly. The price for the 5 lb. bags has gone up to \$9.03 per box.

### Wool

Mary Maxim's Homespun wool, which was not treated with mothproofing, has been discontinued. Should anyone know of a source of untreated wool, please advise us. Many sensitive people become ill when visiting wool shops, either through wool allergy or the combination of fumes from mothproofing, acrylics or jute. Check out specialty shops for natural fibres such as wool, linen, cotton, and silk. These stores sometimes offer a mail order service and may send colour samples by mail. Check the yellow pages of your telephone book. One such store which is not listed in the yellow pages is Valley Fibres Ltd., 2255 Carling Ave., 828-8684.

## GARDENING

Yes, it's time to order your seeds! The largest selection of untreated seeds (to my knowledge) is still from William Dam Seeds, West Flamboro, Ont. LOR 2K0.

### Natural Bug Control

For those organic gardeners who wish to use beneficial insects, such as ladybugs, praying mantis, tricos, martin houses, or obtain diatomaceous earth (see Summer 1977 Newsletter), contact Mark Rogers, Gulf Self Serve, 292 Rideau St. Ottawa (234-2331) or Stuart Rogers, Box 218, Manotick, Ont. K0A 2N0 (692-3802). Twenty-five pound bags of diatomaceous earth at reasonable prices can be obtained from swimming pool suppliers.

Beneficial insects are divided into two main categories: the predators and parasites. The predators feed on several kinds of pests, whereas the parasite, in the larvae stage, completes its development inside the single "host" or victim, thereby destroying its host. The rest of the beneficial insects are known as pollinators and decomposers of organic wastes.

## NEWS FLASH!

We have just learned of an upcoming event which should be of great interest to organic gardeners. On Saturday, April 4th experts from Canada and the U.S. will be at the Kemptville College of Agricultural Technology to describe the basic techniques of organic gardening; they will also be discussing the latest research in that field.

Dr. Joseph Senft from Organic Gardening magazine will be describing the latest projects and research results from Rodale's research facilities in Pennsylvania. Harrowsmith magazine's gardening editor, Jennifer Bennett, will be highlighting the Canadian organic gardening

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situation from coast to coast. Specific techniques for Canadian gardeners will be presented by Dr. Stuart Hill of the Ecological Agricultural Project at Macdonald College and by Mr. Bill Langenberg of Kemptville College. Those techniques include: composting, insect control, building soil fertility, as well as a range of other topics. Question and answer periods are scheduled for each speaker to enable those attending to participate fully in the day's activities.

Mini-workshops will be featured so that participants will be able to individually question gardening experts on specific problems and techniques. A trade show of gardening supplies and services, films, slide shows, and video tapes will round out the day's activities.

The conference is from 9:00 a.m. to 4:30 p.m. in the W. B. George Centre, Kemptville College. Coffee and milk will be served but it is suggested that you bring your own lunch.

The registration fee is \$15. single and \$25. per couple. To pre-register or obtain further information, contact Phyllis Brown at 258-3411, ext. 251. (Information from The Nepean Clarion, March 10, 1981).

#### SPRAYING OF 2,4-D

It's springtime again. Nepean Council will soon be allocating the monies required to spray parks and school yards with the dangerous weed killer 2,4-D. H.E.F. and others made strong representation to Nepean Council last year to ban the spraying, but desire for neat and tidy parks appeared to overcome concern for the safety of children and others using those parks; they were sprayed.

The City of Ottawa has not used 2,4-D on its parks for the past couple of years but is considering lifting the ban this year. One of the reasons given is the ragweed problem, but we know that ragweed can be controlled by cutting. In any case, ragweed pollen is airborne to this area from hundreds of miles away.

Allergy shots are available to control weed allergies, but if production contaminants or other components of 2,4-D are finally proven to be carcinogenic as suspected, there will be no "shot" to control the effects. A lifetime of chemical sensitization for those who come in contact with the chemical is another possibility.

What can we do? Speak up.

Virginia Salares, Marey Gregory and others at Pollution Probe are actively fighting this battle for all of us. For further information call Marey at 829-6798. And please make a point of dropping in to Rainbow Natural Foods on Richmond Rd. to sign the petition there.

You can also:

- a) Call your Board of Education and find out if they plan to use 2,4-D at schools and register your protest if they do.
- b) Let your mayor and alderman know how you feel.
- c) Call and write your M.P.
- d) Write a letter to the Editor of The Citizen.

### S.E.D.C.

This organization has changed its name from Society for Emotionally Disturbed Children to Society for Emotional Development in Children. The address of their new headquarters is: 1181 rue de la Montagne, Montreal, P.Q. H3G 1Z2. Phone (514) 861-1527.

### FOOD ADDITIVES

Our Newsletter No. 14 on the topic of food additives and the form letter which was attached for your signature to The Hon. Monique Bégin, Minister of Health and Welfare, explained our views and disagreement with the stand and actions of Health and Welfare after it had conducted a national survey on food additives. You have most likely received an answer and pamphlets which did nothing to put your minds at ease.

The efforts of Dr. L. Gilka and a small group of people have convinced at least one M.P. to give the public another opportunity to voice their views and support an alternative suggestion. Charles Caccia (Liberal M.P., Toronto-Davenport) has put out a small pamphlet pointing out some of the pros and cons of food additives and flavourings.

Everyone who is allergic knows how time-consuming it is to shop for suitable foods or products. Following is a reprint of one page from Mr. Caccia's pamphlet:

"How do we find out what is in the food we buy? Since 1972 Canadians have had a law which helps protect us when we buy food. Labels on food must list additives and other ingredients in decreasing order of quantity. This means that what you read last on a label is the smallest quantity of all the ingredients in that product. Food sold in vending machines and mobile canteens, beer and other alcoholic drinks, meat and chicken barbecued or roasted in the store are exempt from these labelling rules.

Labels do not tell us everything, though. For instance, if colour is used, manufacturers do not have to tell us the name of the colour or whether it is artificial or natural. All the label has to show is the word "colour". With flavours, the label must indicate whether the flavour is artificial or natural, but does not have to show the chemicals used. People allergic to some colours or flavours would welcome more information on labels so that they could avoid them easily.

A doctor here in Ottawa made the interesting suggestion that manufacturers place symbols on labels so that we can see easily what is in the food. These symbols could resemble those telling how to care for our clothes. For example, a triangle could mean that there are food additives. A square could mean that there are colours. A red square would mean that there are artificial colours and so on. If you support this idea or have others that would help protect the consumer, please write to me at the House of Commons, Ottawa K1A 0A6. I would be glad to take it up with the Minister of Consumer and Corporate Affairs." (Note: no postage stamp required).

FOOD ADDITIVES (continued)

We urge H.E.F. members to write to Mr. Caccia in support of the proposed additive labelling system so that he can approach Consumer and Corporate Affairs. It would also be helpful to again write The Hon. Monique Begin, Minister of Health and Welfare, to let her know that we are still not happy about the unnecessary additives in our food and that although we support the symbol labelling of additives it is not the ultimate answer to the problem.

Mr. Caccia's pamphlet also described alternative ways to cope with the additive problem. That is, change our lifestyles and make our own soups, jams, pickles, etc. Buy fresh vegetables in season or grow them and freeze them ourselves. Make our own bread, cakes, etc. Many of us are already doing this in order to survive. However, preparing one's food from A to Z is practically a full-time job.

In today's society there are more and more single parents who must work outside their homes to support their families; with the high cost of living this can be very difficult. These people do not have the time or energy to prepare food from scratch. I'm sure you have noticed that many of the foods available without the use of fillers or additives are in a higher price range. This means that once again the poor are penalized and discriminated against.

When writing to support the symbol system, please take time to express your wishes, again, to have more foods available without any additives. When unnecessary additives are removed from foods these foods will no longer be a type of "specialty" item and should be readily available to all at reasonable prices.



Dear Member,

We received the following correspondence and recommend that you sign and send the attached revised resolution to Mr. Eugene F. Whelan, your Member of Parliament and/or other M.P.'s to express your concerns in regards to Bill C-32.

Address resolution to:

The Hon. Eugene Whelan, M.P.,  
Minister of Agriculture,  
Department of Agriculture,  
House of Commons,  
Ottawa, Ontario.

Dear Minister, or address to another appropriate M.P. in the same manner.

Note: It is not necessary to place a stamp on letters sent to the House of Commons.

The Executive

Re: Proposed Plant Breeders Rights Legislation, Federal Bill C-32

I am writing to you to bring a very important issue to your attention. It is an issue that should be of concern not only to the farmers of Canada, but to all the people of Canada.

Bill C-32 which will establish private plant breeders rights in Canada received first reading in April of this year. It will be discussed and receive second reading as soon as the Federal Government reconvenes after the Summer Recess. Therefore it is very important that the people of Canada do everything possible to urge our Federal Government not to pass this proposed legislation.

In other countries where private plant breeders rights were adopted, the results of the legislation were not to the advantage of the farmer and consumer but to the advantage of a few large Corporations. In short, the following is a list of some of the reasons why we strongly object to the proposed legislation.

1. Once Plant Breeding Rights go Public, the control of seed marketing will go to multinational agribusiness Corporations. This will give our corporations even greater power over food production in Canada.
2. The Corporations will be out to make money from selling seeds to Canadian farmers. Their primary objective will not be to provide farmers with better seed, or a crop variety ideally suited to withstand the Canadian climate, pests, and disease.
3. With royalties having to be paid, it is expected that the cost of seeds will jump from 3% of the farmers production costs, the level it is now, to at least 10% of their production costs. This increase will have to be passed on to the consumers. And that increase will happen within the first ten years of Public Breeders Rights Legislation being passed.
4. In England, within a week after their legislation went through, one large company, R.H.M., bought out 34 smaller seed companies.

Also I have attached a newspaper article which will further outline the concerns we have against Bill C-32.

In conclusion I am urging you to write to our Agriculture Minister (Eugene F. Whelan) - House of Commons, Ottawa K1A 0A6 and to your federal member of parliament at the same address, expressing your concerns in regards to Bill C-32.

Should you find it easier to endorse the attached resolution and forward it to the two persons above, feel free to do so.

Either approach will show your concerns. Should you require more information on this topic, do not hesitate to contact me.

I thank you most sincerely for giving this matter your time and concern.

Yours truly,

Lauretta Rice, Womens Director  
National Farmers Union